

# GROUP EXERCISE TIMETABLE

MONDAY 28TH APRIL - SUNDAY 20TH JULY 2025



PEMBROKESHIRE  
LEISURE  
HAMDDEN SIR  
BENFRO

## Monday

7:00am - 8:00am	MyRide™
9:00am - 10:00am	Pilates
9:15am - 10:15am	MyRide™
10:15am - 11:15am	Strength & Tone
5:15pm - 6:15pm	Yoga (Power)
6:15pm - 7:00pm	Group Cycling
6:30pm - 7:15pm	HIIT
7:20pm - 8:05pm	Total Body Workout

## Tuesday

7:00am - 8:00am	MyRide™
8:45am - 9:30am	AquaFit*
9:15am - 10:15am	Group Cycling
9:15am - 10:45am	Yoga (Hatha)
10:50am - 11:35am	Les Mills Shapes™
5:45pm - 6:45pm	Circuits
7:00pm - 7:45pm	Les Mills Strength Development™
8:00pm - 9:00pm	Tri-Swim

## Wednesday

7:00am - 8:00am	MyRide™
7:30am - 8:30am	Pilates
8:45am - 9:30am	AquaFit
9:15am - 10:00am	Les Mills Strength Development™
9:15am - 10:15am	MyRide™
10:30am - 11:30am	Strength & Mobility
10:30am - 11:00am	Omnia
5:15pm - 6:15pm	Kettlebells
6:15pm - 7:15pm	Group Cycling
6:20pm - 7:20pm	Les Mills BodyPump™
7:30pm - 8:15pm	Les Mills Shapes™

## Thursday

7:00am - 8:00am	MyRide™
9:15am - 10:15am	MyRide™
9:15am - 10:15am	Kettlebells
10:30am - 11:15am	AquaFit
10:30am - 11:30am	Circuits
12:15pm - 1:15pm	Pilates
5:45pm - 6:45pm	Circuits
7:00pm - 7:45pm	HIIT

## Friday

7:00am - 8:00am	MyRide™
9:15am - 10:15am	Strength & Tone
9:15am - 10:00am	Group Cycling
10:30am - 11:00am	Omnia
10:30am - 11:30am	Strength & Mobility (Gentle) (A4L)
4:00pm - 5:00pm	Circuits (Gentle) (A4L)
5:00pm - 6:00pm	Adult Swimfit
5:30pm - 6:30pm	Yoga (Yin)

## Saturday

9:30am - 10:30am	Bar & Bell
10:00am - 11:00am	MyRide™
10:45am - 11:45am	Circuits (Gentle) (A4L)
12:00pm - 1:00pm	Senior Self Defence (A4L)

## Sunday

10:00am - 11:00am	MyRide™
9:30am - 11:00am	Yoga

CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
 COACH BY COLOUR	* EVERY OTHER TUESDAY	
<u>Although not essential, we would recommend booking to guarantee your space</u>		



ALL TIMETABLES ARE AVAILABLE ON OUR APP. THIS ITEM IS ALSO AVAILABLE IN WELSH.  
FOR A COPY IN LARGE PRINT, EASY-READ, BRAILLE, AUDIO, OR AN ALTERNATIVE LANGUAGE,  
PLEASE CONTACT PEMBROKESHIRE COUNTY COUNCIL ON 01437 764551